

# David Kirsch's Boot Camp Circuit Workout

Work through the entire circuit doing 15 to 20 reps of each exercise. Then repeat entire circuit twice more for a total of three sets. Your goal is to complete three full sets in 45 minutes. Props needed: a set of three- to five-pound dumbbells, a four- to six-pound medicine ball, and an exercise ball to fit your height.



1. Side Squat With Medicine Wood Chop



2. Jumping Jacks With Shoulder Press



3. Squat Thrust With Medicine Ball



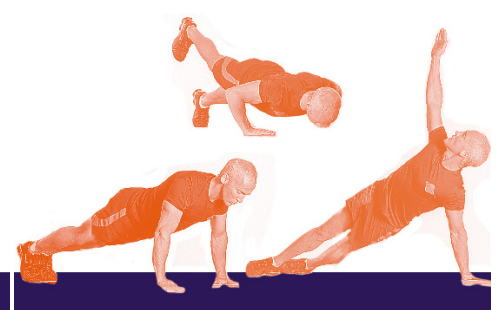
4. Mountain Climber With Medicine Ball



5. Platypus Walk With Medicine Ball



6. Jumping Lunge



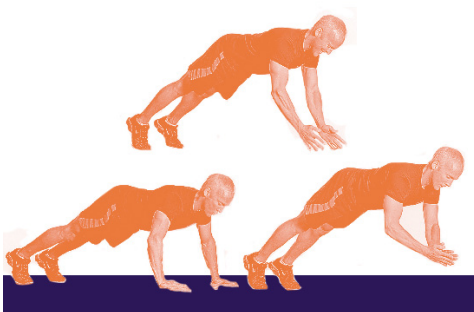
7. Push-Up to Tee Stand



8. Sumo Lunge With Side Kick and Frog Jump



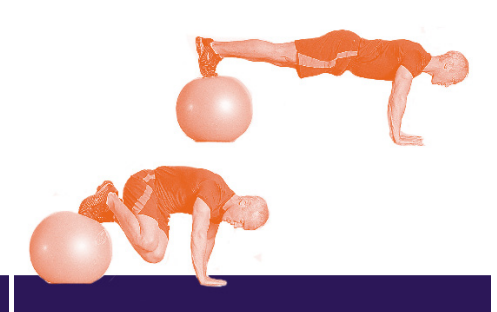
9. Reverse Lunge With Front Kick



10. Plyometric Push-Up



11. Crossover Lunge With Bicep Curl



12. Ball Tucks